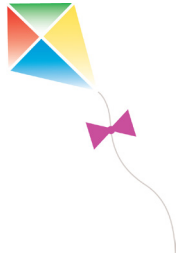


Paul's Five Areas Assessment



Situation, relationships and practical problems

*Struggling at work. Facing redundancy,
High pressure at work. Off work since June.
Partner not as supportive as before*



Altered thinking

*I'm failing in everything
I'm not coping.
I should be bringing in more money
I'm letting my partner and colleagues down*



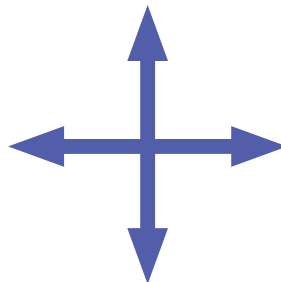
Altered feelings

*Angry at partner
Low/down
Stressed/anxious
Tearful and guilty*



Altered physical symptoms/bodily sensations

Tired, can't sleep or relax



AREA 5: Altered behaviour/activity levels

*Pushing friends and partner away
No more sex
Arguments with partner
Delayed going back to work*

